

VCU MAGAZINE

December 1979



Medications and diet sometimes need to be "juggled"—page 3



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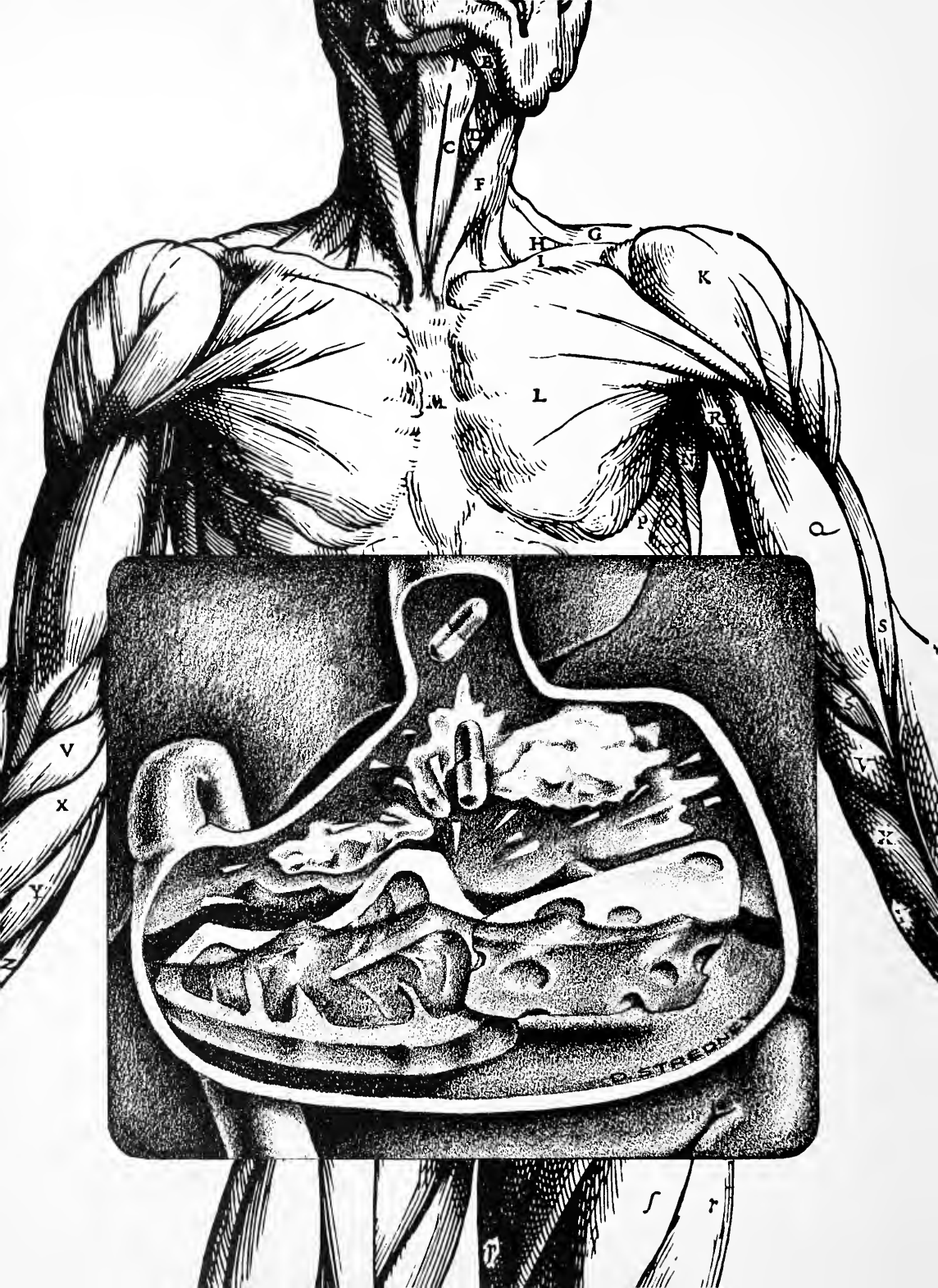
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Drugs, Diet and the Consumer

By Julie Magno Zito and
Paul G. Pierpaoli

The current trend in the "holistic" approach to health care recognizes the patient or consumer as an *active* participant in setting his or her own health goals and in working toward the achievement of these goals. But most of us do not feel adequately prepared to accept this responsibility. Instead, we seek the advice of experts to evaluate our health status and to prescribe drugs or other therapies. Still, the experts increasingly recognize the limits of their knowledge or medical intervention skills to alter health behavior or the attitudes and life styles that underlie these behaviors, especially if such behavior leads to illness.

As a nation, we are committed to better-informed health care consumers, the underlying premise being that ultimately they will have less need of the costly procedures involved in the treatment of illness and disease. In other words, "an ounce of prevention will be worth 180 billion dollars of cure." But consumerism

may be more easily achieved in the household and workplace environments than in health care. When experts and vested interest groups converge on a health issue such as, "Are vitamin supplements needed to maintain health in normal individuals?" one finds much controversy and a long standing lack of consensus. This often leaves the consumer adrift on a sea of data ranging from the too-technical-for-me-to-evaluate to the blatantly sensational.

One obvious place to look for help in resolving such dilemmas has been government, traditionally a "watchdog" in the health care field. More recently, however, government seems to have broadened its role to that of an interpreter or assessor. This is because government has become our biggest "third party" insurer by virtue of Medicare and Medicaid and, thus has assumed a stronger voice in health care decision-making. Also, health care technology has become so complex that it demands broader-based expertise for adequate evaluation. Accordingly, the national Office of Health Care

Technology Assessment has been established to pose questions and find answers.

Additional evidence of government's role as a consumer advocate is found in Food and Drug Administration publications like the *F.D.A. Consumer*, which researches and distills materials on health issues for the consumer. The Food and Drug Administration (FDA) also established a number of "expert panels," comprised of medical and pharmaceutical professionals, which review major classes of over-the-counter (OTC) drugs. These panels have been charged with the responsibility for assessing the efficacy of OTC drugs and determining safe dosage limits, side effects, and interactions with other drugs and foods. There is a trend in the number of OTC drugs on the market being gradually reduced. Often this is due to the fact that the effects of these drugs have not been validated with scientific data.

Some recent trends in nutrition have also had an impact on how we think about food and drugs, and their relationship to health. If one broadly defines "drug" as

"any chemical agent that affects living processes," then one can appreciate the role foods have as potential "drugs." Since food has a primary effect on a living system, it can also be a source of interference with the effects of other drugs. None of this is new, as the nutritional community has long understood the importance of the dietary intake of essential chemicals for proper body maintenance. Yet during the 1960's, great interest developed in "organic" foods and vegetarianism. This interest came, from among other things, the injunctions of Zen and other eastern religions and the neo-religious cults of the flower children. Because of such influences, processed foods became a national target of concern and the "junk-food-junkie" was born.

From these and similar events, people began to use the term "drug" in a negative context, associating it with abuse, rather than as a chemical agent which maintains or restores health. Likewise, one can frequently see the term "organic" used in a way that implies a purer, safer agent for the consumer. But as a source

of Vitamin C, rose hips have no more scientific rationale or efficacy than ascorbic acid (synonymous with Vitamin C) that is synthetically produced by a commercial laboratory.

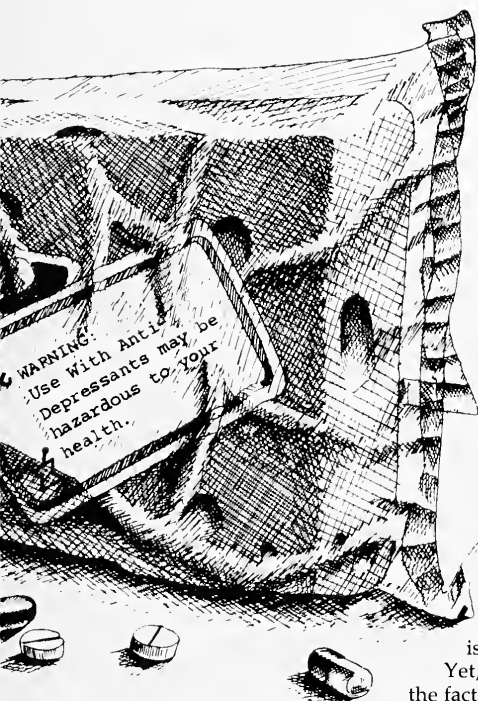
Other recent dietary concerns focus on the prevention and control of cancer. Periodic articles using scientific data, in both the lay and professional press, have suggested a direct relationship between the incidence of certain major forms of cancer and dietary habits. These articles suggest that a high beef diet will enhance the likelihood of colorectal cancers. Other correlations are being made between low fiber content and colon cancer, high fat consumption and bowel cancers, and raw vegetables and milk and gastric cancer. These studies are provocative and can be upsetting when one thinks of the dietary golden rules that most of us have been reared on, epitomized by thick, juicy steaks and milk, our most "perfect" food.

Additionally, articles on child development currently imply that processed foods may be a reason "why Johnny can't read." According to Dr. Benjamin Feingold,



hyperkinesis may be the reason why children cannot sit still long enough to learn how to read. He suggests that children with this problem may benefit from a diet which excludes all artificial colors and flavors, salicylates, and selected preservatives. While it is estimated that over 20,000 families in the United States are presently using the Feingold diet, controlled studies have not demonstrated its effectiveness unequivocally.

Among the controversial items making headlines and headway outside the health care community are Vitamin B15 (pangamic acid) and Vitamin B17 (laetrile or amygdalin). The effort to label these chemical agents as "vitamins" and consequently designating them nutritional agents rather than "drugs" has allowed their marketing without FDA approval.



Vitamin B15 is alleged to do everything from increasing the libido to curing falling hair, and presents a clear case of wishful thinking. Vitamin B17 on the other hand, amidst much furor and court action, is being used to fight cancer. The medical and scientific communities continue to point to a continuing list of deaths due to acute cyanide poisoning to reveal the inherent toxicity of laetrile. This issue is further complicated by emotions and the great need to find a drug which will fight terminal illness.

The complexity of the role played by drugs and dietary components in maintaining health is evident in a review of articles in non-professional publications. These articles can leave one with the impression that total health care is achieved by simply avoid-

ing red meats, fats, synthetically produced drugs, and processed foods; or with the notion that diet, in itself, is no indicator of health.

Yet, one has only to consider the fact that obesity is a leading cause of morbidity (rate of illness) among young adults to appreciate the importance of diet in health.

When dealing with drugs it should be remembered that clinical research is a dynamic process and time becomes important in the evolution of theory, in the development of testing models, and in the application of valid research methods. Today's wonder cure may be tomorrow's thalidomide. Equally, today's wonder cure may prove to be a harmless agent with no effect at all.

From a pharmacist's perspective, the way in which drugs and diet interact is of special interest. Basically drugs and food can have an effect on each other. The drug affects the food's response by interfering with the absorption and utilization of nutrients. This is a situation which usually occurs when certain drugs are used for

long-term therapy and can result in "malabsorption syndromes." In some instances, the chronic use of mineral oil as a laxative may lead to a decreased absorption of essential vitamins A, D, E, and K. Also, a thiamine (B1) deficiency may follow the excessive and long term use of antacids. And drugs used in a variety of stomach and intestinal disorders to slow intestinal movements may prevent the absorption of certain nutrients. Alcohol is probably the best-known "drug," causing malabsorption of folic acid and Vitamin B12, loss of magnesium, and accounting for the serious nutritional deficiencies seen in chronic alcoholics. As more and more potent drugs are being used to treat patients with chronic diseases, the list of these interactions will grow. So it is important to realize that unnecessary or excessive use of any drug should be avoided.

On the other hand, clinicians are becoming increasingly aware that the presence of food may significantly alter both the rate and extent of absorption of a given drug. This may occur because the food alters the chemical

environment of the stomach and intestine, or because it affects the metabolism of the drug. Some common examples of the former give us the basis for the precaution that many antibiotics (e.g., penicillins, erythromycins, tetracycline) be taken on an empty stomach. The drugs are usually not inactivated when taken with food, but are delayed in their absorption. This may also cause the desired effect to be delayed. Tetracycline has further precautions against being ingested with milk products and various antacids. These substances contain calcium, aluminum, and magnesium metal ions which will chemically complex with the drug and lead to incomplete absorption. Similarly, iron supplements can complex with tetracycline, and taking these two agents at the same time should be avoided.

But not all drugs should be taken on an empty stomach to maximize absorption. Drugs which are inherently irritating to the gastric lining, such as indomethacin, phenytoin, aminophyllin, steroids, and potassium supplements, should be taken with meals or snacks to counter irritation. Another exception is the antifungal griseofulvin, since the presence of high fat content foods will markedly increase its absorption.

"A spoonful of sugar" was Mary Poppins' method of helping the medicine go down, and some parents try masking bitter tasting drugs by mixing them with fruit juices or soft drinks. But some thought should be given by parents to those drugs which can be inactivated by acidic beverages. Most fruit juices and soft drinks are acidic and, therefore, should not be used with markedly "acid affected" antibiotics, such as ampicillin, penicillin, and erythromycin.

Also, extremes in dietary habits may produce changes in the acidity or alkalinity of urine. This alters the excretion or loss of a drug from the body, thereby producing a potentially toxic state or a less than therapeutically desired result. Though infrequently seen, the need for a balance in acid/alkaline-residue

producing nutrients is demonstrated in the case of a patient treated for an erratic heartbeat with quinidine. The patient routinely ingested so much sodium bicarbonate and grapefruit juice, that he induced drug toxicity by alkalinizing his urine, which then caused a retention of the drug.

An additional group of drug-diet interactions is due to the presence of chemical elements in foods which have a pharmacologic effect by themselves or in combination with a drug. Agents which have strong effects by themselves include toxic substances which have been isolated from poisonous fish, plants, and mushrooms. Recent studies on dietary restrictions of substances used to color, flavor, or preserve foods may also prove to have significance.

A second group of pharmacologically active agents from food sources can alter drug effects. The most well-publicized member of this group is the interaction between tyramine-containing foods and monoamine oxidase inhibitors. The latter are agents used to treat depression, and they act by interfering with the enzymes responsible for metabolizing various biogenic amines which control blood pressure and mood. The ingestion of foods or beverages high in these biogenic amines, for example those containing tyramine, will produce an excessively high level of these substances in a system which also contains the drug.

Therefore, the system cannot inactivate the biogenic amines due to drug inhibition of the needed enzymes, and a potentially life-threatening hypertensive crisis could occur. The risk-to-benefit factors must be considered when using these drugs and restriction of the offending foods is all that is necessary to ensure the patient's safety. Foods high in tyramine include many naturally occurring fermented substances, like Chianti wine, and aged cheeses, such as New York State Cheddar, Brie, and Gruyere.

The "Chinese Restaurant Syndrome" represents another pharmacologic effect by a food additive. Monosodium glutamate, a flavor enhancer which is used extensively in Chinese cooking, acts in certain individuals to cause headache, facial pressure, and chest pain similar to angina. And the more recent "Japanese Restaurant Syndrome" evolved from the case of a patient on a Japanese diet, high in soy meal content. He was being treated with the anticoagulant warfarin and an increase in the drug's absorption led to a bleeding episode which required hospitalization. Presumably the drug's absorption was increased in the presence of a high protein level.

Additionally, patients must inform their physician of unusual dietary habits such as vegetarianism, since change may affect a prescribed drug. For instance, a severe salt-restricted diet will alter the level of lithium the body retains and can result in lithium toxicity.

While there are no clearcut rules emerging from the literature regarding drug-food interactions and, therefore, few generalizations that can be made, the amount of clinical data is steadily increasing and drug users must be aware of the potential problems associated with OTC drugs and an improper balance of dietary components. Also, persons must adhere to any special instructions to ensure consistent drug effects.

There are an increasing number of signs that the health care community will find its greatest success in helping consumers achieve optimum health when the consumer actively participates in a holistic approach. Together, clinicians and consumers can muddle through the controversies, fads, and confusion, to produce a better informed, healthier society.

The way in which drugs and diet interact is of special interest to both Julie Magno Zito, a pharmacy resident in the Department of Pharmacy Services, and Paul G. Pierpaoli, the director of pharmacy services at MCVH and an associate professor in the School of Pharmacy. ❀



A TMJ radiograph being taken.

The Elusive Pain

The three women patients had "shopped" from doctor to doctor while looking for an answer to their elusive facial pain.

The oldest patient, an artist in her late thirties, suffered for more than four years with an annoying jaw pain and had a popping sound in her jaw joint in front of her ear as she ate or talked. Additionally, she had a dull earache and limited mobility of her jaw. The second woman had pain radiating from the front of her ear to the front of her jaw, and at times, had a shooting pain throughout her jaw which came from one of her back teeth. The last patient suffered from neck pain, headaches, and top of the skull pain—all without obvious cause.

All three patients were suffering from chronic pain disorders and were referred to the facial pain center at the School of Dentistry, according to Dr. Louis G. Mercuri, director of the center and assistant professor of oral and maxillofacial surgery.

The typical pain patient has been to a minimum of three doctors before being referred to the center. "Many have been told the problem is psychosomatic and they must learn to live with it, their 'imaginary pain'," says Mercuri. The fact is the pain may have made them neurotic, not the neurosis causing the pain, says Dr. Robert L. Campbell, associate professor of oral and maxillofacial surgery. Campbell, along with Mercuri, joined the original pain clinic, formed by Dr. James H. Butler, chairman of the Division of Occlusion, in May 1978, to form the present, TMJ (temporomandibular joint) and Facial Pain Center—with the TMJ, the hinge between the lower jaw and skull, being a research focal point.

All facial pain patients must be referred by a doctor and must fill out questionnaires on their pain problem before their initial visit to the center. According to Barbara Buckingham, R.N. and clinical coordinator for the center, the patient is asked to specify the modalities used to cope with the pain; provide psychometric data; and answer questions regarding the pain's intensity at various times during the day; pain type—dull, sharp, burning, or throbbing; and pain location; as well as, pain interference with daily activities.

During the initial visit to the center the doctor reconstructs the sequence of events before and during the pain, then examines the patient's head and neck, and requests appropriate radiographs or other diagnostic tests.

There are many variables in dealing with a pain problem, since pain is subjective and cannot be measured. Reaction to pain is influenced by a person's tolerance to pain and pain location. Additionally, a person may exhibit neurotic behavior with chronic pain, pain which lasts longer than six months, but not be affected by acute or temporary pain. Finally, a person's tolerance to pain is affected by culture and the sympathy, or lack of sympathy, a person receives from others.

As in all chronic pain therapy, the patient is advised that the goal

of the therapy is to resolve the pain to the point where it will not interfere with the patient's daily activities. This does not mean the patient is promised a pain-free existence, but only that the patient will be comfortable. This is because the promise of complete pain relief is unrealistic and can be self-defeating for this patient.

"The fact that the patients have come to the center and are doing something for themselves is a big step toward relieving the pain," states Buckingham. The clinical psychologist, Peggy DuVall, who works for the center agrees. DuVall says, "It is necessary to understand the psychological aspects of pain, especially because



Dr. Louis G. Mercuri setting up the bio-feedback equipment.

placebos have a 30 to 35 percent cure rate; and it is hard, if not impossible, to separate normal healing from the mental processes." Therefore, the facial pain center utilizes a multidisciplinary treatment approach, which includes psychological evaluations and consultations with neurosurgeons, neurologists, and other specialists.

The staff agrees that the patient's understanding of the pain is a "big step toward resolving the problem," particularly if the patient is assured that the problem is not serious.

Pain data compiled by Dr. John Bonica, director of the University of Washington pain center, indicates that chronic pain affects 75 million persons in the United States each year, with 50 million of these persons completely disabled. This accounts for a \$57

billion wage loss each year. Of these patients, approximately .7 million persons have facial pain and lose \$6.2 billion a year in wages.

Since the TMJ and Facial Pain Center was formed, the center has treated more than 300 patients with approximately 20% of the patients having an organic reason for their pain. In these instances, therapy aimed at eliminating the organic problem results in complete pain relief. This therapy may be as simple as the restoration of a decayed tooth, or as complicated as the reconstruction of a diseased TMJ.

One-fourth of the patients fall into the chronic pain category. One such patient would be a person who satisfies the criteria of the "domino theory." This is a patient whose original complaint was a toothache. The tooth was filled, a root canal was performed, then root surgery, and finally an extraction—without pain relief. The pain then moved to the adjacent tooth where a root canal, root surgery, and extraction were performed, again without pain relief.

Some chronic pain patients have had a trauma to the jaw, particularly the lower jaw, which resulted in a fracture, and this did not heal properly. Other patients include persons with nerve inflammation in the jaw, cranial nerve or vascular pain problems, or an atypical facial pain.

The diagnosis and therapy for the chronic pain patient revolves around differential local anesthetic blocks, which pinpoint nerve problems, and it may also involve medications and electrical nerve stimulation.

According to Mercuri, the remaining 55 percent of the patients can be viewed as a group, because there is a typical patient. This patient is female, between the ages of 18 and 45, works in a competitive position, and is under stress to advance. She is usually ambitious, efficient, and a perfectionist. She is also well dressed and a college graduate. In addition, the patient is depressed. This patient, the Myofascial Pain Dysfunction (MPD) patient, has probably been in pain for two



Dr. James H. Butler determining the mobility of the patient's jaw.

years and has visited numerous dentists and physicians.

"Their pain is directly related to the stress that these women apply to themselves," says DuVall, "and to their ability to deal with that stress."

"These women absorb the stress and don't have a release mechanism. Just as some men have a tendency to get ulcers or other gastric problems when under stress, some women have a tendency to release stress through their jaw and neck muscles, by grinding or gritting their teeth, and overtaxing the system," says Mercuri. "The pain's cause may be difficult to determine, because the pain can come a day or two after a stressful situation, when the patient coped by clenching her teeth all night long."

Because the jaw muscles and the jaw are not suited for this extra tension, up to 500 pounds



A patient's TMJ and facial muscles being examined.



Peggy DuVall and a MPD patient discussing how the patient handles stress and pain.

per square inch, the muscles and the joint cannot tolerate the excess pressure and the jaw muscle spasms. This results in pain similar to a "Charlie horse." This spasm pain is usually accompanied by a popping or crackling sound in the joint when the person eats or talks, due to the incoordination of the joint disk. As the person becomes more depressed from the pain, hence more stressed, the pain becomes worse.

For these patients it is most important that they understand, "they are the cause and the cure for their pain problem," says Butler. "What must happen is that the cycle must be broken, and the patients must learn to modify their behavior."

The psychometric data and personal interviews with each

patient are evaluated by DuVall. This evaluation helps her determine how the patient handles stress and pain. After consultation with the doctors a treatment is developed for the patient.

"The basic idea behind the therapy is to have the patient take control of herself instead of relying on an expert [doctor] for the answers," says DuVall. The patient must learn to identify when she is under stress and how to stop abusing her jaw muscles, thus eliminating the cause of the pain.

The treatment for some patients is a simple explanation of the problem and making sure the patients understand they are in control. These patients then develop their own coping mechanisms, based on their awareness of the cause of the problem.

Other patients learn jaw muscle coordination exercises. In one such exercise, the patient pushes up against her chin with her fist and at the same time tries to open her mouth. This exercise does not cure the pain, but helps the patient learn which muscles must be coordinated in order to avoid the spasms.

Another therapeutic modality is biofeedback. Electrodes from an electronic sensing device are attached to the skin overlying the patient's jaw muscles. With these electrodes in place, the patient can hear an audio representation of the jaw muscle spasm and learn how to relax the tense muscles, thus reducing the intensity of the audio signal.

Other modalities used are plastic bite guards which physically stop the grinding of the teeth, relaxation audio tapes, and for two patients acupuncture.

Of all the patients treated by the TMJ and Facial Pain Center, approximately 70 percent feel completely "cured" or able to cope with their pain without additional treatment. In patient follow-ups, the patients felt that the thoroughness of the doctors, the friendliness of the staff, and "the fact that they were made aware of the cause of their problem," assisted them in coping with their facial pain problem. ☼

America: An Unfinished Tapestry

By Constance E. Ober and
David W. Hartman

Like the weaving of a tapestry, the American past can be understood thread by thread, line by line as a continuous story that is best interpreted first hand as it unfolds.

The ideal, of course, would be to go back to the beginning and personally experience America's history as it was made by sailors, housewives, soldiers, and others, so long ago. Without actually traveling back in time, we can still learn about that past by visiting the places where it all happened, and discovering the many stories people might have left behind in private diaries and letters. . .

April 1607 Virginia

It was four o'clock this morning that we entered the Bay of Chesapeake forced by a storm. I find myself in both a state of disbelief and certain fearfulness as we shortly encountered savages who hurt Captain Archer before they felt the sharpness of our shot. . . . As the day have passed we have begun to move inland and it is a joyous wonder to behold. We find oysters and mussels which lay on the ground as thick as stones. When they are opened many contain large pearls. We passed this morning through excellent ground full of flowers and trees of divers kinds of colours. The fair meadows and goodly tall trees almost ravished me on the spot. Strawberries larger than the eggs of a hen grow wild in much of the land. It is almost more than the mind can behold. . . .

Spring 1775 Williamsburg

The heat of the summer to come is already upon us although the calendar reads only May. The hot sun on the boxwood across the yard arouses a lonely feeling in me, as if I were somehow linked by that pungent odour to those in England.

I do not understand the feelings of my neighbors. Only last year they collected provisions for the citizens of Boston, while at the same time welcomed Lady Dunmore to the Governor's Palace with bonfires, festivities, and candles illuminating all the windows of the town. Now they say Lord Dunmore has armed guards within the Palace such as to make it a fortress.

Some of the more refined and gentlefolk I have known are preparing to leave the Colony before hostilities increase. Old Mr. Norton is going as are others since Mr. Patrick Henry arrived here with armed men from Hanover and forced the Governor to pay for the gunpowder he took from the Public Magazine last month.

How I wish for that quieter time not so long ago before Mr. Henry and others began their battle of words, and soon a fear of swords, here in Williamsburg....

My Dear Friend,

April 1823
Goochland Courthouse

I have just returned from a several day stay with your cousin, Mr. Jefferson. I now realize why you have courted me to take the trip to Charlottesville for so long.

The mansion at Monticello is a sheer delight. Mr. Jefferson's true character is seen in the ingenuous and often witty innovations in almost every room. The revolving serving door, the wine-bottle dumbwaiter, and the revolving system all speak to his penchant for efficiency, detail and perfection. What truly amazed me is that these inventions are so reflective of the man, and not just physical additions to the house.

I regret to report that Mr. Jefferson is showing the wear of time, as his crippled hands and fingers are testament to. He has great difficulty getting around, but his mind is still very, very clear. The warmth and freshness of his intellect and personality is an experience I will not soon forget.

Thank you again for urging me to take this visit to Monticello, and I send my best personal regards....

April 1865

We had been standing in formation for what seemed like forever. All the celebration and happiness was out of us then, I mainly felt the headache from the corn whiskey we had.

Then I heard the sound as they started toward us. The sight took my breath away. There were so few of the Rebs left from what I had been used to seeing that their flags flew over their heads like they were under red water. Even though there wasn't any music or drums, they were marching in step.

Then General Chamberlain ordered us to carry arms as the Rebs passed. Their leader who was riding, reared up and gave them the same order. When they got to where I was, I could see what they looked like up close. They were dirty and ragged... but their faces! They were so dignified and proud still, after all they'd been through.

When they went around the corner they laid down their flags and guns and ammunition near that courthouse where General Grant and Lee signed the surrender. There was no sound but that, and nobody said a word....

The sounds from those guns and the sight of those flags being laid to rest are gone, but through an unusual blend of educational and cultural activities, it is possible to travel from the New World of 1607, through the American Revolution, the strife of the War Between the States, and into the 20th century.

Next summer, VCU's School of Arts and Sciences, the Division of Continuing Studies and Public Service, and the Alumni Activities Office will present "Heritage University," a program for alumni and friends to "come back to school" for a summer vacation journey into the past.

The stage for the journey will be set by lectures before participants actually visit sites in and around Richmond where America's history unfolded. VCU professors of history and literature will provide lectures and guide these "living" tours.

It will be a total experience including open-air concerts, food and drink, and special interest workshops on such diverse subjects as Edgar Allan Poe, Middle Atlantic Ecology, and 19th century Southern architecture.

Even persons who have lived in Richmond all their lives, or persons who feel they know their way around Williamsburg, Jamestown, Charlottesville, Appomattox, and the Old Dominion's capital will receive a new perspective on those places and their past.

During the week of June 8-14, Heritage University will provide a cultural and educational program, including meals, lodging, local travel, and fees. The cost is less than \$200 for the week per person if staying on campus, and less than \$150 for those who do not desire lodging.

Enrollment in the program is limited, so it is important to register early. For a brochure on Heritage University contact Dr. David W. Hartman, School of Arts and Sciences, VCU, Richmond, Virginia 23284, or telephone (804) 257-1673. ☼

Professors Learn, Too

As students have always known, professors "don't know everything"; yet, they do try to keep up to date in their area of expertise.

In illustration, Dr. Thomas O. Hall, chairman of the philosophy and religious studies department, recently had a special kind of learning experience, that he feels will have a significant effect on both his research and teaching abilities.

Hall was selected as one of nineteen scholars to participate in a unique institute at the Jewish Theological Seminary of America in New York City. The seminary is located in an exciting intellectual environment being in the vicinity of both Columbia University and the Union Theological Seminary.

The institute selected each participant (fellow) from one of the humanities, based on the interests and special expertise each person could contribute to the "joint intellectual and scholarly undertaking." The disciplines represented included philosophy, literature, history, religious studies, and English.

In the following article, Hall relates some insights learned from the institute experience.



The seminars and courses explored Jewish influences upon and contributions to our western civilization.

The wide-ranging curriculum included Jewish history, rabbinics, Talmud, Hebrew, Bible, education, and philosophy.

Most scholars and lay persons are acquainted with Jewish influences on early Christianity until 70 A.D. when the Roman legions destroyed Jerusalem and the Temple, the magnificent symbol of Jewish religion and culture, but the tremendous post-biblical contribution has been largely overlooked.

Academia has erroneously acted as if little happened in Judaica between 100 A.D. and the twentieth century.

Actually, even greater diversity and vitality developed in Judaism after the fall of Jerusalem. Unfortunately, this material has often been isolated from the average student, by being offered only in special courses in Judaica—"a scheme of intellectual apartheid"—not tailored to meet the interests and needs of a large student audience. One of the institute's purposes was to help each participant expand the information available to their students by means of incorporating



knowledge of Jewish influences on the making of western civilization into various humanities courses.

The Talmud was of special interest. Unquestionably, it is one of the world's most remarkable literary productions. Over 800 years in its formation, it develops and explains the "religious, moral and civil laws" of the Old Testament. It is the oral law developed from the written law recorded in the Pentateuch, which is the first five books of the Old Testament. Having been completed c. 700 A.D., it in turn is composed of two separate works, the *Mishna* and the *Gemara*, which are respectively the codification of the oral law and the commentary or explanation of the codification.

The Talmud is valuable not only for its explication of the Old Testament, but as a storehouse of ancient knowledge, science, and ethical maxims. Introduction of my Old Testament students to the content and methods of the Talmud will open for them interesting new insights of biblical interpretation. They will especially enjoy the rabbis' attempts to answer many questions, which, sometimes surprisingly, college students ask, i.e., Why was Adam asleep when God took his rib to fashion Eve? Why was Adam also asleep when Eve was tempted by the Serpent? And why do women wear perfume? These and substantive questions are answered in the Talmud, especially the *Gemara*.

Also, the study of Judaeus Philo, c. 20 B.C.—50 A.D., a Jewish philosopher of Alexandria, Egypt, was especially rewarding. Although Alexandria was a Greek city, it had a Jewish population far exceeding that of Jerusalem. It was an extraordinary melting pot of nationalities, cultures, philosophies, and religions (soon to include Christianity).

From a noble family, Philo had contact with both the Herodian court in Jerusalem and the Roman court and was well versed in classical literature, rhetoric, science, and various Greek schools of philosophy. In addition to being a philosopher, he was also a preacher to Jewish congregations, whose members were exposed to

many sophisticated philosophies. He interpreted the Old Testament in light of these philosophies and found many of the then current philosophical ideas also in the Old Testament.

One of Philo's most ingenious devices in discussing philosophy was to assert a two-storied interpretation of the scripture—literal and allegorical. He claimed that the literal interpretation was valid for the average person; but he claimed deeper truth to be found in the allegorical explanations.

Many of Philo's ideas, such as "philosophy being the handmaiden of scripture," were used by Alexandrian Christian thinkers as ways to express their ideas to similar Greek audiences. However, his greatest influence on Christianity was made through the eagerness with which the early church fathers adopted his allegorical method of biblical interpretation.

Of special fascination was the study of Gnosticism, a many-faceted religio-philosophic movement which flourished during the first and second centuries, A.D. The mystical system, which emphasized knowledge (Gr., gnosis, knowledge) as the way to salvation through individual personal experiences with God, was a mixture of many elements—Greek, Jewish, Christian. Though rejected by both orthodox Judaism and Christianity, it had a profound effect upon each, i.e., it accelerated the development of both Jewish and Christian mysticism.

Its use and misuse of Jewish-Christian terms and concepts and its production of a large number of apocryphal gospels forced the church to react by setting up normative standards such as the New Testament Canon and the predecessor to the Apostles' Creed. Being an extreme dualistic system with a strong contempt for material possessions, the movement fueled asceticism which was soon to develop into Christian Monasticism. Having divided mankind into those who were sure of salvation and those not so fortunate, the movement had a

profound influence on the development of the church doctrine of predestination.

Academically, the most rewarding study in the six-week experience was an in-depth analysis of the philosopher, Moses Maimonides (1135-1204 A.D.), the most significant medieval Jewish thinker. Maimonides flourished in an Islamic Arabic culture which appreciated philosophy and the sciences and encouraged Jewish leadership and scholarship.

Because of his clarity, brilliance, and comprehensiveness, he set the course of Jewish philosophy and continued to have great influence even in the modern period. He likewise contributed to Christian thinkers of the middle ages and through Thomistic philosophy continued that stream of influence. St. Thomas Aquinas has been applauded and studied for his logical proofs for the existence of God. Maimonides anticipated these to such a remarkable degree that in the history of philosophy I shall assign his proofs rather than Aquinas'!

As a prerequisite to participating in the institute, fellows were obligated to incorporate into their classes material discussed during the seminars. Because of the depth of the experience, this will be an easy and exciting task, and I believe extremely beneficial to students. In addition, my own research has profited from the experience.

Time to think and study, uninterrupted by academic or administrative duties is a most refreshing and stimulating experience so often not possible in today's university. While the institute was only six weeks in duration, little more than one-third of a regular semester's length, its benefits are readily apparent in both my teaching and my research.

If universities are going to be able to continue their academic excellence and leadership in teaching and research, more opportunities for experiences such as mine need to be made available. As the rabbis at the institute so aptly reminded us "study is a central pillar of Judaism" and "learning the highest worship."✻

Applied Theatre

"There is a little actor in all of us, and since I've always wanted to [act]. I want a big role," said one of the senior citizens involved in theatre arts for the elderly.

Another senior said about her drama class, "We're a wild group."


Both of the seniors are participating in "applied theatre." This art form has taken theatre off the stage and put it in nontraditional settings. Persons living in hospitals, nursing homes, correc-

tional institutions, and rehabilitation centers become involved in this "new" theatre and concentrate on performing stories based on their own lives.

Applied theatre projects were started in the Theatre Department more than three years ago. The department now has a theatre class for older persons, four community based senior citizen projects, and a course on theatre in nontraditional settings for drama students.

But the acceptance of older and handicapped persons as artists has been slow within the theatre profession. Just recently the move toward this acceptance has taken on a new dimension with the formation of the National Arts and the Handicapped Information Service as an umbrella agency to disseminate information on organized art activities for the elderly and handicapped.

Ms. Patricia "Patch" Clark re-



Laura Hare is a "mirror" for a youth in the drama class at Central State Hospital.



ceived the inspiration for having older, handicapped, and incarcerated persons in theatre in 1969, when she was involved in participatory theatre for Vietnam veterans at Walter Reed Hospital in Bethesda, Maryland. "Through touring programs and participatory theatre, hospitalized patients were able to rediscover creative expression, which added to their restrengthening and support of positive self-concepts," says Clark.

"The applied theatre program has been well received as a therapeutic mechanism for seniors and others, to improve their social relationships, but I don't view the focus of the work as being therapeutic," Clark says.

Clark uses the nontraditional student to develop new art, and the development of these persons as artists is what she expects.

In fact, what began more than a year ago as a group of elderly

students trying to overcome stage fright has turned into a group of working artists. "Now, they're old troopers," says Clark about her "Theatre Arts for Older Americans" class. These older students have proved their capabilities by performing in a film on patient dignity for MCVH. This year the theatre class will again work on a film. This time they will perform for the geron-



Patch Clark begins a children's story about the "cap" man.



In order for the Central State adolescents to become more aware of their bodies, Sara Tarsovich yells, "Freeze," and stops the action.

tology department in a film about the aging parent and the middle-aged child.

Other nontraditional students have also worked "professionally." Last year the inmates at Powhatan correctional center wrote, directed, and performed in a training film for teachers beginning to work for the prison system.

One of Clark's favorite projects for her students is based on the

Works Progress Administration's (WPA) *Living Newspaper*, which performed theatre productions on social problems or other documentable subjects. Currently, the senior citizens at Westminster-Canterbury retirement resident home are working on a living history of Richmond through vignettes. The seniors eventually hope to tour Richmond, visiting hospitals, schools, and residents for the elderly with their documented stories about Richmond.

One story, now in draft form, documents the ghost at the Governor's Mansion.

Other stories are personalized history, "the elderly have incredibly interesting stories . . . the first time they drove a car, the depression years, weighing the meaning of dignity—moments they want to share," says Clark. And share they do.

The students, age 65 to 91,



Seniors from Westminster Canterbury retirement home improvising people at the bus station.

share not only with their peers, but also with youth, particularly young children. The actors love to perform children's stories with children participating in the action. Additionally, the seniors record "talking books" for use in elementary schools. These books involve both the recording of the story with sound effects and the drawing of accompanying visuals.

One of the senior citizen drama groups is beginning to function as an "in-house" theatre group, and Clark would like to have the seniors take over the group's operation. This would allow her more time to become involved in taking theatre arts into rehabilitation centers, hospitals, prisons, and other institutions.

This year Clark's applied theatre students will be working

at Central State Hospital in Petersburg and at the state penitentiary in Richmond. The goal of the class is to develop talent and the accompanying art within both institutions.

The adolescent unit at Central State will be used for a pilot project in theatre arts for the emotionally disturbed. These youths, in turn, will then share



Patch Clark and a youngster become "horses" and pull a boat down the James River.



Mrs. Martha Smith-Smith reading her Living Newspaper draft about the ghost in the Governor's Mansion.

their skills with others in the institution. Clark and her VCU students are working toward the development of design, playwriting, and acting skills in two groups of youth. "These youths have a unique talent for design and creative expression through movement," says Clark. "One goal of the project is to 'find out why the arts work so well with these youth. One reason may be that

the youth focus on the project and don't view it as therapy."

At the Spring Street penitentiary in Richmond, communication skills, theatre movement, playwriting, and acting are being explored. The projects being developed, Clark hopes, will open up "the world of books" to the inmates. "Being in prison allows the inmate time to become self-

educated, to study people, and to make contributions, such as working with young delinquents. Theatre can help open up these opportunities," says Clark.

It is Clark's belief that art is an experience not only to be enjoyed by a few, but to be enjoyed by an entire community. "Theatre can express that living is, in itself, a creative and exciting process," says Clark. Her students agree. ❖

Did You Know...

Public Bath House Incorporated in Dorm

An existing landmark, a turn-of-the-century public bath house, was incorporated in the Main Street facade of VCU's new, five-story apartment-style dormitory. Richmond architect Will Scribner of Glave, Newman, Anderson,

and Associates says, "The exterior of the building is a reserved, red brick facade that lets the old bath house dominate."

The air-conditioned dormitory features 21 flats and 67 townhouse-style apartments, each with a living room, kitchen, one or one and one-half baths, and two or three bedrooms. Also, several apartments are designed

for handicapped students.

"Students take one look, then fall in love with the new building," says housing administrator Bernard Mann.

The building forms a central courtyard which quells street noises and provides strong security. "There isn't a place in this courtyard that can't be seen from most of the apartments," said the architect. The courtyard is heavily landscaped, with trees and grassy, rolling mounds providing space for gatherings and recreation.

Scribner states, "The success of



The turn-of-the-century bathhouse facade of the new dormitory.



The courtyard of the new dormitory.

the building lies in the process we used to plan it." Students, architects, university housing administrators, campus security personnel, maintenance administrators, engineers and physical plant representatives met to articulate needs and plan the building. As a result, this dormitory emerged as the preferred style of students and administrators.

"It also is good economically for both the students and the university," says Mann. "It is less expensive than an off-campus apartment and it is cost effective because of its flexibility."

A Good Start

The developmental progress of infants born to teenage mothers has been significantly improved by MCV nursing research specialists who gave the teenagers a few tips on how to be good mothers.

Several studies of children whose mothers were teenagers at birth have shown the offspring to have a lower I.Q., troubles with learning, reading difficulty, behavioral problems and lesser height and weight when compared to national averages for all children.

"We're dealing with children who are bearing children," said study co-director Bernadine A. Clarke, assistant professor in the MCV School of Nursing. Mothers in the study are between 14 and 17 years old and their children now average 20 months of age.

At the birth of the babies the nurse specialists talked with the mothers. "These young parents are still learning about themselves, so we help them to learn about their babies," said Clarke.

The simple observations that were relayed to 14 of the mothers in the project seem obvious. "They were apparently important to the mothers because their children were statistically at a higher level of development at one month of age than were the children of 17 mothers in the control group," she said.

Within three days following the baby's birth, Clarke and project co-director Ester Tesh had shown the mothers how to awaken and talk with the baby, and how to console it. They demonstrated the cuddliness of the baby, gave the mothers a mobile designed to visually stimulate the baby, and introduced the mothers to their children's early abilities to respond to visual and audible stimulation.

When the children were a month old, the nurses again talked with the mothers to tell them what to expect from the child during the next three months.

Later, a third meeting was held, four months after birth, to deal with what the mothers could expect as the child learned to move around.

The project was conducted as part of a 6-year, \$338,000 nursing research development grant given to the MCV School of Nursing in 1974 by the U.S. Public Health Service Division of Nursing.

اهلا وسهلا بكم في في. سي. يو.

... Or in English,
"Welcome to VCU"

If you are not fluent in Arabic, the caption above may appear a bit strange, but the English translation is equally "strange" to a group of students in Community Services—fifteen Saudi Arabian police officials.

Saudi Arabia's progress, made possible by the sale of its oil, has created a traffic problem. The number of accidents has grown steadily, with the problems in-

cluding long distance driving and animals stepping into the path of traffic.

The Saudi government, in order to solve its traffic problems, sought help in the United States. "The Saudi Arabian Educational Mission approached us in March," says James D. Stinchcomb, chairman of the administration of justice and public safety department, "and asked us to submit a proposal. By then they had already reviewed transportation safety centers around the country and, based on the criteria they used, VCU was number one on their checklist."

VCU, one of twelve transportation safety centers in the country, then entered into a series of intense negotiations with the Mission. In June, the Saudis awarded a \$350,000 contract to the Department of Administration of Justice and Public Safety.

Phillip Ash, former police chief of Portsmouth and a faculty member, is the director for the project. He explains that the students, who hold ranks ranging from major to lieutenant, are preparing for the ten month concentrated study in traffic control/safety training by first undergoing an eight-month study of English. The students will then begin traffic control work, much like their counterparts in the Transportation Safety Training Center. They will study transportation systems, accident investigations, police traffic records, emergency medical care, data analysis, and safety programs for children. Additionally, they will study the licensing of drivers and vehicles, radar speed control, and high speed driving.

After the training, the students will return to their country, Ash says, and apply the traffic control techniques they learned at VCU.

Accessibility

"I've never had an evening gown that I could get in and out of by myself," says Miss Wheelchair Virginia, Birdie Jo Minor.

As winner of the contest, Miss Minor was awarded a dress, which she calls her first "accessible dress," for the national competition. The dress, paid for by the student chapter of the Na-



Nancy Holloman checking dress details with Miss Wheelchair Virginia, Birdie Jo Minor

tional Rehabilitation Counseling Association, was made by Nancy Holloman, assistant professor in fashion design, who specializes in clothes for the handicapped.

In designing the dress, Holloman considered that the winner will be sitting while showing the garment and the wearer has limited use of her limbs.

The new gown zips down the side, has cuffs that stick together with velcro instead of buttons, and snug shoulders which stay in place without pins.

Generally, clothes are designed with the standing posture in mind, Holloman explains, but a dress for a person in a wheelchair requires alterations to achieve the same fashionable effect.

The dress, for example, is made with nothing bulky or blousy around the waist, to prevent the dress from gathering around the waist of the wearer.

Miss Minor's dress has a snug, round neckline with a slight ruffle, shearing on the shoulders,

and decoration on the front where it will be visible.

Holloman began working with the handicapped five years ago when she received funds from the university to stage a fashion show for the physically disabled.

She is now the recipient of a grant from the National Endowment for the Arts to draw special sewing patterns and assemble a booklet to help persons sew for the handicapped.

Internal Control

James R. Johnson has been appointed the director of internal auditing by the VCU Board of Visitors.

Johnson directs eight auditors and accountants, who test and review the financial controls at the university and who have auditing responsibility for the \$174 million annual budget.

According to Johnson, who previously worked as a certified public accountant with the

Richmond office of Coopers and Lybrand, "Our main responsibility will be to check to see if the financial system has adequate internal controls. In addition, we will look into the operational practices at both campuses and make recommendations on how to improve efficiency."

Artists Make News

The first issue of the "Virginia Arts Exchange," a new monthly newsletter for artists and arts administrators throughout the state, has been published by the School of the Arts.

According to Donald Silverman, editor, the newsletter helps fill an arts information gap that exists in Virginia. "We're not convinced that everyone in the professional arts knows about each other," he says. Silverman hopes that the newsletter will generate new arts activity in Virginia as it strengthens communication between arts professionals.

In addition to carrying news about the state's arts activities, the newsletter also features national information of importance to Virginians. Included are deadlines and profiles of national funding organizations; national information on jobs, conferences and seminars; feature stories, books and periodicals of interest to art professionals, and schedules of touring plays and exhibits.

A free issue of the subscription newsletter is available for review by writing VCU's School of the Arts, Richmond, Virginia 23284, or by telephoning 257-1711.

1978-79 Annual Fund Additions

In preparing the 1978-79 Annual Fund Roll of Donors, which appeared in the fall 1979 issue of the magazine, the following names were inadvertently omitted:

Mrs. Mildred M. Butler
Dr. James N. Williams
Ms. Janet L. Williams
Dr. and Mrs. Jeffrey S. Williams
Mrs. Lucille R. Williams
Dr. Marvin T. Williams

Dr. Robert K. Williams
 Mr. David G. Williamson, Jr.
 Mrs. Linda W. Willingham
 Miss Georgiana C. Willis
 Mr. H. David Willis
 Mr. Harold T. Willis
 Ms. Mary A. Willson
 Mrs. Lucee P. Wilson
 Mr. Mark A. Wilson
 Dr. Richard I. Wilson
 Dr. Robert A. Wilson
 Mr. E. Carlton Wilton
 Mr. John R. Wine
 Mr. and Mrs. Stanley T. Winfield, Jr.
 Dr. F. Quinby Wingfield, Jr.
 Mr. Gregory H. Wingfield
 Miss Betty L. Wingo
 Mr. and Mrs. A. G. Winn
 Mr. F. Bliss Winn, Jr.
 Ms. Jacqueline S. Winn
 Dr. Mark B. Winnick
 Miss Betty M. Winston
 Mr. Gregory A. Winston
 Ms. Joan E. Winter

"May I Help You?"

Nancy Plott Williams has accepted the position of assistant to the director of alumni activities. She will be responsible for alumni services and will work with alumni in executing planned activities and meetings.

Before joining the staff in alumni activities, Ms. Williams worked at the MCV Cancer Rehabilitation and Continuing Care Program. Locally, she has also been employed at Project Jump Street, Inc. and as a writer for Cabell Eanes Advertising, Inc.

"Nancy Williams has broad knowledge of both campuses of the university and possesses an enthusiasm for VCU and its alumni which combine to make her a welcomed addition to the alumni activities staff," says Mr. James L. Dunn, director of alumni activities.

Ms. Williams earned a B.A. in English in 1975 and an M.S. in rehabilitation counseling in 1979, both from VCU.

Don't Spend Your Evenings Alone

The spring semester of the evening college is "just around the corner," and advanced mail registrations are being accepted now through December 19. Registration for these spring courses

has also been scheduled at the Mosque Ballroom on Tuesday and Wednesday, January 8 and 9 from 3:00-8:00 p.m.

Governor Appoints Four

Governor John N. Dalton has appointed Dr. Thomas E. Butt of Wytheville, and Mr. Daniel T. Balfour, Mrs. Fitzgerald Bemiss, and Mr. Jack H. Wyatt, all of Richmond, to the VCU Board of Visitors.

They replace Mr. Virginius Dabney, Mr. G. William Norris, Mr. S. Buford Scott, and Mrs. Robert M. Stone, Jr.

Two of the new board members are VCU graduates. Dr. Butt, who received his D.D.S. from MCV, and Mrs. Bemiss, who has a B.S. in sociology and anthropology.

Request to the Legislature

The Governor and his executive management team have adopted new procedures pertaining to the current VCU biennium budget request. The Governor and his staff estimate revenues and assign a target budget for the agencies of government, including the institutions of higher education. The agencies are expected to live within the target, but may file addenda if the proposed target, in the agency's judgment, does not meet the requirements of the agency. For VCU the target for 1980-81, the first year of the biennium, is \$80,324,500, and for the second year it is \$85,847,200. The university has filed an addenda in the amount of \$3,352,800 for 1980-81 and \$3,382,400 in 1981-82 to cover those needs that are deemed essential over and above the target.

Additionally, the State Council of Higher Education has identified several state-wide issues, and the council has requested that these issues be addressed in an amended addenda. These items include an increase for faculty salaries and adjustments to the library budget. Both the council and VCU are requesting funds to provide a 9 percent increase rather than the 7 percent increase which was in the Governor's

recommendation for faculty salaries, this will bring us closer to the national average and to our peer group in Virginia. The amended addenda we have filed requests an additional \$1,660,100 for 1980-81 and \$2,183,600 for 1981-82.

The university's total requests, including all addenda, for 1980-81 are \$85,337,400 and 1981-82 are \$91,413,200 as compared to our appropriation for 1978-79 of \$68,363,520 and 1979-80 of \$70,087,440.

Additionally, the major capital outlay request from the General Fund is a \$10,000,000 request for a pharmacy/pharmacology building, with the total cost of the building estimated at \$12,000,000. This is the number one priority of the university and represents a major change in planning. This change was necessitated by the escalating costs of the Health Sciences Building which, because of many delays, had reached the point where it would no longer be a feasible project. The exact amount of funds needed for the building has not been determined, but an effort will be made to raise private funds for the building's completion.

Repair and renovation monies for laboratories, the Pollak Building, Founder's Hall, Tompkins-McCaw Library, and the Raleigh Building are the other major capital outlay items in the budget. Planning funds are being requested in the amount of \$1,000,000 for energy conservation, with additional planning funds requested for a general purpose laboratory, for classroom and faculty office buildings, an arts laboratory building, and a bio-hazard research facility.

The revenue bond proposal includes requests for authorization to build parking decks on the MCV Campus and the phase III construction on the MCV gymnasium, which will include racquet ball courts, exercise rooms, and intramural facilities.

President Ackell and members of his staff have been meeting with members of the General Assembly who are members of the House Appropriations Committee, House Education Committee, Senate Finance Committee, and the Senate Education and

Health Committee to explain some of the basic problems VCU has as an emerging institution in an urban area.

The State Council of Higher Education operating budget recommendation for Virginia's state aided institutions of higher education noted that full-time equivalent student enrollment is projected to increase by 2.3 percent in the next biennium. When this increase in students is taken into account, the requested general fund support is about 8 percent per year over the 1979-80 appropriation.

For VCU, the council recommendation could mean a 21.5 percent increase in general funds over 1978-80 and an appropriation of \$123,402,858.

McFee Honored

The VCU Alumni Association (Academic Division) Board of Directors adopted a resolution honoring Charles B. McFee, Jr. for his many contributions to the university.

McFee was a member of the Alumni Association's Board of Directors from 1969 until his death in September 1979. He served the board as its vice-president from 1971 to 1972 and as its president from 1971 through 1975.

He was appointed by the Rector of the Board of Visitors to serve VCU as a member of two presidential search assistance committees.

Additionally, he had received the VCU Service Award for his years as an instructor of advertising on the adjunct faculty.

McFee was a member of the Virginia Chamber of Commerce and the Robert E. Lee Council of the Boy Scouts of America. Also, he served as president of the Adult Education Association of Virginia, secretary of the Richmond Rotary Club, president of the Richmond Public Relations Association, and was a 32nd degree Mason.

He served as the manager-director of the Virginia Retail Merchants Association from 1946 to 1953, then served as executive vice-president and general manager of the Automotive Trade Association for 18 years until his retirement in 1971.

Extra! Extra! Read All About It!

The #1 ranked college newspaper in Virginia is now available by subscription. VCU's student operated newspaper, the *Commonwealth Times*, is being offered to alumni and friends of the university at an introductory rate of \$2.50 for a six-month subscription.

The newspaper, voted #1 in Virginia for overall excellence by the Virginia Intercollegiate Mass Communications Association for the last three years, will be mailed to subscribers "hot off the press" during each week of the school year.

The "CT", as the *Commonwealth Times* is affectionately known, has in-depth reports on events, changes, and new developments at VCU. Last year, the paper provided a close look at the destruction of the Temple building and the winning Rams season. It also provided the first in-depth interview with VCU's president, Edmund F. Ackell.

Additionally, reporters cover the Virginia Assembly and the Richmond City Council to keep faculty, staff, and students "on top of the news" which affects the university.

For this winning newspaper, write Alan Schlemmer, *Commonwealth Times*, 916 W. Franklin Street, Richmond, Virginia 23284, or telephone 257-1058.

Braggin'

A grant to halt recurrence of acute lymphocytic leukemia has been awarded from the American Cancer Society. The grant of \$95,830 will be used to detect recurrence of the disease in patients who have undergone therapy.

Dr. Saul Yanovich, assistant professor of medical oncology and director of the research program, noted that approximately 60 percent of the patients now survive five years or more, and many are considered cured. But he also stressed that acute lymphocytic leukemia can reappear during or after the therapy, because of the

development of a drug resistance by the leukemic cells.

"A major goal in our study is to predict, at an early stage of the process, which patient is going to develop recurrence of the disease," said Yanovich, "allowing for a change in therapy and control of the disease once again."

Three music students were winners in the 1979 Concert Competition of the Virginia Music Teachers Association at Christopher Newport College in Newport News.

Bruce Gardner of Richmond and Peter Orgain of Albemarle tied for first in the keyboard category, and Thomas Piercy of Winchester won the woodwind competition.

The winners received cash awards and the opportunity to appear in concert with Virginia orchestras.

The School of Social Work has been awarded a \$1 million, five year grant from the Department of Health, Education and Welfare to train child welfare workers to more effectively serve troubled families.

With the funds, a child welfare training center will be established to cover a region that includes Virginia, West Virginia, Maryland, Pennsylvania, Delaware, and Washington, D.C.

The goal of the program is to train present and future child welfare workers to prevent the separation of children and their families, says Elaine Z. Rothenberg, dean of the School of Social Work. But when separation is necessary, she hopes the workers will be able to develop plans to allow children to return home, or provide quality services for adoption and foster care.

Dr. Elmer S. Bear, chairman of the department of oral and maxillofacial surgery, was elected president of the Southeastern Society of Oral Surgeons.

"Romeo and Juliet", an orchestral composition by Dr. Jack Jarrett, associate professor of music, was performed by the

Richmond Symphony. He was also a guest composer and conductor at the University of Florida, where his choral compositions were performed.

Ms. Barbara H. Dunn, assistant professor of maternal child nursing, was elected executive director

of the National Association of Pediatric Nurse Associates and Practitioners.

Sports

It's a First, In a First

"We are the newcomers in the conference and the first team to represent our school in a Sun Belt conference tournament," said Robert E. Pape, coach of the women's volleyball team, "and we won all six games to win the tournament championship."

The women's volleyball team won the Sun Belt Conference Invitational Volleyball Championship in Jacksonville, Florida by winning all their games. The opponents for the championship were the University of Jacksonville, New Orleans, North Carolina at Charlotte, South Florida, the University of Alabama at Birmingham, and the University of South Alabama at Mobile.

"The tournament was independent of the regular volleyball season, but winning the tournament gives the team an edge, the confidence to perform well for the rest of the season. They know they can win," said Pape.

Women's volleyball has been strong at VCU for the last few years with the women winning the state championship for the last four years.

According to Pape, the strength of the team lies not just in the physical skills of the game, but in the attitude of the team members toward the sport and toward each other.

The team is strong in the fundamentals of the game—passing, hitting, setting up, and serving. Members have also learned to identify weak spots in the opponent's team and then "hit that vulnerable spot." One strategy that worked often in the Sun Belt tournament was the



Nancy Cary, captain of the volleyball team, places the ball out of the opponent's reach.

placement of a volleyball serve into one of the back corners of the opponent's court.

Because the women's volleyball team has been so strong during the past years it now has a good reputation, partly because the VCU women attempt to play the strongest teams in the area. The team plans to uphold its reputation again this year, with Pape predicting the women would win the state championship and perform well in the regional contests.

The game of women's volleyball is "just getting started," according to the coach, and he hopes to keep the team up to the standards set during the past few years. But Coach Pape stated there will be some major changes "in the nature of the goals of the game" during the coming seasons. He stated these changes will take place, because it is now possible to offer scholarships for women's volleyball, and he predicted that the larger schools, with more money for athletics, will use their



Rosemary Russo acts fast to keep the volleyball in play during a game with the University of Richmond.

resources to attract the best female athletes, thereby, leaving other schools with little opportunity to compete.

Coach Pape summed up his feelings about the sport and the team when he said, "It's a quick game that requires quick reactions and the use of strategy to win. It also demands the best personal effort of the players; everything they can muster, and it becomes a personal test and a challenge for the players."

Encore, Encore!

Remember last year, one of the most exciting basketball seasons in the university's history. This season should prove even more exciting with VCU entering its first year as a member of the Sun Belt Conference. According to the basketball coach, J. D. Barnett, "VCU has joined the up and coming basketball conference in the United States."

The Rams will have to work hard to win games in this conference, it is an excellent league, with two teams last year making it to the NCAA playoffs.

The coaches have analyzed the strategies of our opponents, and they have "graded" the performances of last year's Rams. The players are also being analyzed in their 34 practice sessions and in the six scrimmages. This analysis is to determine both their skills as individuals and as team players.

"Good practice attitudes and positive attitudes toward winning" are being developed in the training sessions. "The players must know that they are the best, and they must remember that the goal of every game is to win," says Barnett.

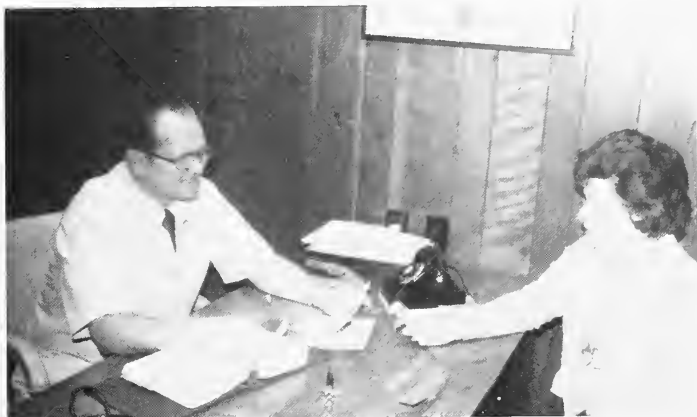
He plans to make the VCU team the best in the conference by strengthening the Rams defense, full, and one-half court strategies and by developing new plays for out-of-bounds, passing, and jump ball situations.

VCU is lucky this year, because four of the 1978-79 starters are returning to the court—Edmund Sherrod, Penny Elliott, Danny Kottak, and Monty Knight. As previous Ram starters, they form a solid nucleus for this year's team.

Whatever Happened To...

If you take a new job, get a promotion, earn another degree, receive an honor, or decide to retire, share the news with us, and we will pass it along to your classmates via

the "Whatever Happened to . . ." section. Please address newsworthy items to Editor, VCU MAGAZINE, Virginia Commonwealth University, Richmond, Virginia 23284.



Eugene White consulting with a patient.

An Original in Berryville

The corner drug store has become an American institution. It is a place to buy lightbulbs, browse through the magazine rack, pick out a birthday card, and occasionally have a prescription filled. But Eugene V. White (pharmacy 1950) believes these drug stores should be changed. He believes "the pharmacist should disassociate himself from these commercial enterprises and begin family pharmacy practices."

White decided there was a need for change over 20 years ago, while working at a corner drug store. "I had an elderly customer who wanted a camera. At the same time, a young woman came in with a child who was obviously very ill. I couldn't leave my customer to help the woman and her child," White recalls. "I questioned what I was doing selling a camera, when there was a patient who needed help. The commercial aspect of the store struck me full force."

In 1957, White purchased a drug store in Berryville, Virginia.

Little by little, he began to eliminate the commercial aspects of the drug store. First, the magazines disappeared, then the gifts, next the sandwiches, and finally the Greyhound bus agency, which had been in that location 24 years. During a ten-day period in November 1960, he completed the transformation and his small town drug store became a pharmacy office. A small sign was hung. It read, "Eugene V. White, Pharmacist."

White clearly remembers problems associated with the change. "The hardest thing for the town folks to accept was the loss of their favorite place to eat sandwiches. The concept of a pharmacy office was revolutionary, and a reporter from the *Washington Star* came down to do a story. Town folk were asked what they thought; most folks agreed with the change, but a few called me 'the village idiot.'"

White prevailed. The first office practice of pharmacy in the United States, and the prototype for the "Pharmaceutical Center"



The lounge and dispensary areas of White's pharmacy

exhibited at the 1965 American Pharmaceutical Association Annual Meeting, was born.

White's office, without shelves or displays of merchandise, required a re-education of the Clarke County population. "Some people could not understand the new concept," White says, "and tourists in particular didn't know what the office was." White stresses that, "Until pharmacy offices are as common as physicians' and dentists' offices, an identification problem will persist." Yet his 22-year old typist, reared in Berryville, has no recollection of the drug store, and it was years before she realized that the office practice of pharmacy was not commonplace.

His office includes both a patient consultation room and a prescription dispensary. It has a dignified, professional look, and conveys an "I care" attitude. The front counter, which separates the patient lounge from the dispensary, still remains, not because it belongs there, but because "it enabled the public to adjust to something radically new by keeping something they felt comfortable with," explains White.

The emphasis of the concept is on having a "family pharmacist," someone to monitor an individual's or family's drug therapy, which may be prescribed by several different physicians. This is

achieved by the use of a patient medication profile record. White, by using the record, keeps track of a patient's medication history and at times reveals inappropriate



prescribing or a potential drug interaction. White informs the patient's physician of the potential interaction, and an alternate medication is prescribed. White then consults with the patient regarding the prescription's side effects, precautions, restrictions, and proper administration.

"With the proliferation of potent drugs in this new age of chemotherapy," White says, "it is difficult for even a pharmacist to keep up with all the changes, let alone a doctor. The pharmacist can fill a void in the health care system—the lack of a specialist in pharmacotherapy. He can practice on a level that greatly benefits the patient and provides the busy physician with more time for functions that only he can perform."

White believes that the community pharmacist "must be removed from the commercial drug store" and become a partner on

the health care team. He believes the pharmacist must maintain an office, with office hours, and consult with patients on their medications. Since patients must continue to have access to prescription drugs, White suggests the use of technicians, with two years of training, to dispense the medications.

He realizes that the professional pharmacy office concept has been slow to grow, but White says it will evolve from a "radical innovation" to an accepted standard of pharmacy practice. "This new role helps to transform the family pharmacist into a vital and responsive member of the health care team," White emphasizes, "and it provides him with added opportunities to exercise his professional judgement to improve the quality of health care."

The "Eugene V. White, Pharmacist" sign still hangs, nearly 19 years after the office practice of pharmacy was started. White believes his community's acceptance of his practice proves that pharmacists can have full-time, private, patient-oriented pharmacies and earn an adequate income.

The concept of the office practice of pharmacy can be spread, White believes, by informing pharmacy students of this option. Toward this goal he joined the faculty of the School of Pharmacy in 1971 as a practitioner-teacher in clinical pharmacy in the community pharmacy student clerkship program. He also believes that pharmacy schools should provide a Doctor of Pharmacy degree. The degree would include two years of general education and basic science training and four years of concentrated study. This degree would provide the pharmacotherapy specialist with training equivalent to other health care professionals.

White's pharmacist colleagues have continually recognized his pioneering efforts on behalf of the profession, and in 1979, White became the 52nd recipient of the Remington Honor Medal, pharmacy's highest award.

Dr. Arthur G. Zupko, secretary of the Remington Honor Medal Award Committee, in making the announcement noted that,

"Pharmacist Eugene V. White has had a definite impact on the practice of pharmacy during the past two decades. His concept of a pharmacy office was visionary and revolutionary, and in spite of many difficulties, he persisted in his quest to eliminate 'commercial pharmacy'."

The profession has honored Eugene V. White in another less obvious manner. Since 1960, more than 1,000 community-based office pharmacy practices have been started across the nation, each modeled after the original in Berryville.

'32

R. Lee Clark, Jr. (M.D. '32) is now the chairman of the Committee on International Collaborative Activities of the American Association of Cancer Institutes and, as such, has spearheaded the publication of two directories listing all the cancer centers in the world. Clark is also involved in setting up regional cancer organizations and is promoting the establishment of a "truly universal language to compare diagnostic and treatment data."

'42

Nell Walden Blaine (fine arts '42) had her paintings, drawings, and watercolors exhibited at the Institute of Contemporary Art of the Virginia Museum.

'43

Floyd A. Robertson, Jr. (B.S. pharmacy '43) received the 1979 "Most Outstanding Individual of a Learned Profession" award from the Virginia Association of Professions.

'46

Author, naturalist, and former teacher of botany and biology **Eugene E. Hutton** (M.D. '46) was the guest speaker of the 13th Annual Post Graduate Session of the Tygart's Valley Medical Society in Elkins, West Virginia.

Matthew L. Lacy (M.D. '46) spoke at the Poquoson Masonic Temple. He is a grand master of the Masonic order in Virginia.

'57

Barbara Harding Sant (B.F.A. art education '57) had an exhibition of her

art at the Richardson Memorial Library in Emporia.

'58

Jean Moye Shepard (B.S. nursing '58) and her husband Glenn H. Shepard, M.D., attended the International Congress of Plastic and Reconstructive Surgery in Rio de Janeiro, Brazil.

'59

Robert G. Proctor (M.D. '55, resident obstetrics/gynecology '59) represented Virginia Commonwealth University at the inauguration of Joseph Neil Crowley as president of the University of Nevada.

'60

John F. Barrett (B.S. business '60) has been elected assistant supreme treasurer of the Knights of Columbus headquarters in New Haven, Connecticut.

Susan G. Rudolph (M.S. medical biochemistry '60) represented Virginia Commonwealth University at the inauguration of Jerry M. Anderson as president of Ball State University, Muncie, Indiana. She is currently enrolled at Ball State in the counseling psychology Ph.D. program.

'61

Acquisition of land for new facilities and "development of a quality program" are top priorities for **Bruce C. Bartlam** (B.S. recreation '61) the new Stafford parks and recreation director.

David W. Bullock (B.F.A. commercial art '61) has been promoted to an associate professor of fine arts at Kutztown State College, Kutztown, Pennsylvania.

'62

Richard L. Meador (B.S. business '62) vice-president and treasurer of E. W. Barger Company, was elected seventh district director of the Independent Insurance Agents of Virginia.

Paul T. Steucke (B.F.A. commercial art '62) was promoted to public information officer for the Office of the Federal Inspector and will assist in coordinating activities related to the 4,748 mile Alaska Natural Gas Transportation System project.

'63

"Midwinter Sauna" a poem by **Patricia Hensley Gray** (B.S. journalism '63) won first place in the All Nations

Poetry Contest sponsored by Triton College in River Grove, Illinois. Her poem, one of 3,187 entries in the contest, will be published in the anthology, *Passages VI*. Gray's poetry has appeared in other literary magazines, including *13th Moon* and *Voices International*.

Agnes Evans Pastor (M.M.E. voice '63) received a Doctor of Education degree from the University of Northern Colorado in Greeley in aesthetic education.

'65

John C. Casebeer (internship surgery '65) represented Virginia Commonwealth University at the inauguration of Dr. Eugene M. Hughes as president of Northern Arizona University in Flagstaff.

Page E. Huges, Jr. (B.M.E. music '65) and his wife **Kathleen Lawyer Hughes** (B.M.E. music education '65) now have two "pet hotels."

James H. Revere (D.D.S. '65) represented Virginia Commonwealth University at the inauguration of John A. DiBiaggio, former dean of the VCU/MCV School of Dentistry, as the 10th president of the University of Connecticut.

Jane Owen Stringer (B.S. nursing '65) represented Virginia Commonwealth University at the inauguration of Richard Leslie Morrill as president of Salem Academy and College in Winston-Salem, North Carolina.

'66

Rudolph O. Shackelford (B.M. composition and organ '66) has been awarded a contract by G. K. Hall and Company to write a book on the life and works of the American composer Vincent Persichetti. He also has articles in forthcoming issues of *Perspectives of New Music* and *The Musical Quarterly*.

'67

The Sixth Annual Fall Arts and Crafts Festival in Harrisonburg was judged by **Nancy Camden Witt** (M.F.A. sculpture '67).

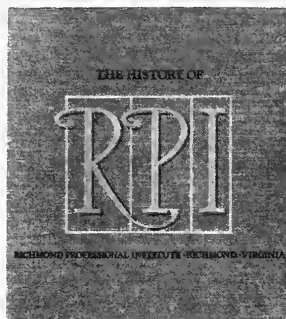
'68

McDonald's Corporation has awarded **A. M. Bailey, Jr.** (M.S. rehabilitation counseling '68) his second McDonald's restaurant.

Malcolm L. Huffman (B.S. business '68) has opened a real estate firm, Heatherstone Properties, Ltd., in Annandale.

Edmond S. Pittman (B.S. accounting '68) has been named corporate treasurer of the commercial and real estate

The History of RPI



Dr. Henry H. Hibbs has written a personal account of Richmond Professional Institute from its modest beginning in 1917 to its consolidation with the Medical College of Virginia to form Virginia Commonwealth University in 1968. The book, entitled *The History of the Richmond Professional Institute*, is hardbound in an attractive 8"X11" format, contains 164 pages, and is generously illustrated with photographs and drawings.

The book, priced at \$12.50, has been published by the RPI Foundation and is available exclusively through the Alumni Activities Office.

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Virginia Commonwealth University
Richmond, Virginia 23284

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firm Morton G. Thalhimer Incorporated.

Sarah Atkins White (M.S. sociology '68) has received a Doctor in Education from Nova University in Fort Lauderdale, Florida.

'69

Elsa Perry Brooks (B.S. accounting '69) was installed as national vice-president of the American Society of Women Accountants.

Linda Flory Rigsby (B.M. music history '69) was the official hostess of the National Tobacco Festival in Richmond.

John Jay Schwartz (B.S. accounting '69) has joined James River Inc., Realtors and will be in charge of developing an appraisal department and a relocation department.

Joseph Suárez (B.S. pharmacy '69) has been named a National Hispanic Success Model in Pharmacy by the National Coalition of Hispanic Mental Health and Human Service Organizations.

Carl G. K. Weaver (M.S. business '69) has been appointed an associate professor of finance at James Madison University.

'70

Exxon Company, U.S.A. has promoted **David W. Clements** (B.S. advertising '70) to labor relations coordinator for the Eastern Region.

At the annual meeting of the American Statistical Society in Washington, D. C. **John L. Eatman** (M.S. business, '70) presented a research report on credit scoring methods.

Burson-Marsteller, an international public relations/public affairs corporation, has elected **Joseph M. Essex** (B.F.A. communication arts and design '70) as a vice-president. Essex is also the creative group director in charge of the company's design/graphics group.

Renee Elkin Gast (B.S. elementary education '70) received a Master of Social Work from Rutgers University.

The *Herald Progress* in Ashland has promoted **Katharine N. Gilbert** (M.F.A. sculpture '70) from staff artist to supervisor of composition.

'71

Daniel R. Kitchen (B.S. sociology '71) has been named the director of Community Attention for the City of Charlottesville.

Robert E. Marchant (M.Ed. supervision and administration '71) will be the coordinating principal of the Jefferson-Huguenot-Wythe High School Complex for the Richmond schools and will be responsible for the over-all planning and administration in the complex.

Clarence M. Mitchell, Jr. (B.S. pharmacy '71) was honored by the Burroughs Wellcome Pharmacy Education Program. On behalf of Mitchell, a fund was established at the MCV School of Pharmacy to help needy pharmacy students complete their educations.

John C. Neal (B.S. business administration '71) has been named commercial loan officer by the Dominion National Bank in Fredericksburg.

In 100 degree temperatures **Mason McConaughy Purcell** (B.F.A. crafts '71) wore long-sleeved dresses, conservatively buttoned at the throat, and often times added a jacket and a scarf while she was in Afghanistan to purchase oriental rugs for her oriental rug company. "But police and soldiers still give you the eye," she said in an interview for the Richmond News Leader, "In the minds of the Afghans, I was probably in the category of someone standing in the middle of Grace Street—topless."

The Texas Association of School Boards in Austin, has named **Ida Darby Shackelford** (B.S. journalism '71) the director of publications. As such, Ms. Shackelford is responsible for the production of a quarterly magazine; general, legal, and legislative newsletters; handbooks; and flyers.

'72

Everett D. Chenault (B.S. health and physical education '72) has been named the basketball coach at Patrick Henry High School in Hanover County.

David C. Hastings (B.S. accounting '72), vice-president and director of taxes at First and Merchants Corporation, will be serving on the Taxation Committee for the American Bankers Association.

Blair D. Mitchell (B.A. history '72) has opened up a law office in Newport News.

The Henrico County School system has promoted **William C. Nelson** (M.S. rehabilitation counseling '72) to supervisor of adult basic education for the county.

Ted N. Tussey (B.S. economics '72), a trust real estate officer for United Virginia Bank, has earned the professional designation Certified Property Manager awarded by The Institute of Real Estate Management.

Patricia Bell Williams (Ph.D. pharmacology '72) has been promoted to the position of associate professor of pharmacology at the Eastern Virginia Medical School. She has also received a renewal of a National Institutes of Health grant to study the development of collateral circulation.

'73

Bernadette Takach Conner (B.F.A. communication arts and design '73) has

been appointed art director of Bodnar & Elbaum Inc., Farmington, Connecticut.

Hallmark Cards has promoted **Glenna Smith Gammon** (B.S. retailing '73) to product marketing manager for specialty products. She will have primary responsibility for the company's bath collection and the tree trimmings.

The Board of Directors of the Central Fidelity Bank in Richmond has elected **George T. Jamerson** (B.S. business administration '73) to vice-president.

David J. Segal (B.A. English '73) is currently at Rutgers University as an assistant instructor in Italian. While at Rutgers he is also working toward an M.A./Ph.D. in Italian.

John C. Stewart (M.Ed. Special Education '73), the director of special programs for Ozark City Schools, Ozark, Alabama, accompanied the Alabama Special Olympic Delegation to Brockport, New York, as a District Coordinator for the International Special Olympics.

'74

Steven B. Brincefield (M.S. business '74) was elected president of the Richmond Jaycees.

William D. Eyre (B.F.A. dramatic art and speech '74) is the cultural programs coordinator with the Hampton Recreation Department.

W. C. Fowlkes (B.S. business administration '74) has been named vice-president of Lincoln Savings and Loan Association in Richmond.

John C. Fox (B.S. mass communications '74) was promoted to advertising manager by General Medical of Richmond.

Douglas S. Higgins III (B.F.A. painting and printmaking '74) had an exhibit of chair paintings at the Yeatts Gallery in Roanoke.

Bethann Vinick Kassman (M.S.W. '74) is the director of planning and marketing at the Sidney Farbert Cancer Institute in Boston, Massachusetts.

A. Bartlett Keil (B.S. marketing '74) has joined the law firm of Whiteman and Sadler in Norfolk.

Paul D. McWhinney (B.S. social welfare '74) has been named youth counselor-coordinator in the Waynesboro Office of Youth Services.

A drawing of Johnny Unitas, the former Baltimore Colts quarterback, by artist **Thomas A. Segars** (B.F.A. commercial art and design '74) was selected to be the official Pro Football Hall of Fame enshrinement mural.

Carmen Foster Warren (B.S. mass communications '74) is a first year student at the School of Law at Washington and Lee University. She worked as a media specialist and as a visual literacy teacher in the Richmond Public Schools before returning to school.

The play-by-play announcer for the Randolph-Macon College football

games will be sports enthusiast **David Yushchak** (M.Ed. administration and supervision '74).

'75

Kathleen M. Koerwer (dietetic intern '75) was featured in "Winning Recipes from the Florida Sunshine Recipe Contest." Her recipe was one of five chosen in national competition which is open to employees of various food service chains and organizations.

Donald P. Parsley (B.S. psychology '75) has been promoted to the position of shift foreman of the Viscose Department of Avtex Fibers Incorporated in Front Royal, Virginia.

Alice A. Talmadge (B.S. mass communications '75) has been named public information officer of the Harrisburg Area Community College, Harrisburg, Pennsylvania.

Yale University has awarded **Sylvia Harris Woodard** (B.F.A. communication arts and design '75) the Schickle-Collingwood Prize, given annually to a first-year student in the School of Art in recognition of exceptional development and progress in art.

'76

Andrew J. Billups, III (M.S. psychology '76) has begun doctoral study in clinical psychology at the Virginia Consortium for Professional Psychology.

Marianne Hudert Coulter (B.S. elementary and special education '76) is teaching in the self-contained classroom at Millboro schools this year.

Joel J. Greenwald (M.S.W. '76) has recently been admitted to the Academy of Certified Social Workers (ACSW).

Thomas G. Honaker III (M.H.A. '76) has been named administrator and chief executive officer of South Lake Memorial Hospital in Clermont, Florida.

Douglas A. Pote (B.S. chemistry and biology '76) has begun house officer training in family medicine at the Bowman Gray School of Medicine of Wake Forest University.

Patrick E. Sprague (D.D.S. '76) has located his private practice of family dentistry in Luray.

William V. Stachowiak (B.S. recreation '76) has been awarded a Master of Recreation and Park Administration degree by Clemson University.

'77

Jeffrey P. Harrison (M.H.A. '77), chief of out-patient administration for the Naval Regional Medical Center in Long Beach, California, represented Virginia Commonwealth University at the inauguration of Eugene Sumner Mills as president of Whittier College in Whittier, California.

Kevin R. Jones (B.S. biology '77) has been promoted to laboratory specialist

Rings and Diplomas



Class Rings

Even if you failed to buy a class ring as a student, you can now order one. Rings for both men and women are available in a wide variety of styles. For more information and a price list, write for a ring order kit and please, specify whether the ring is for a man or a woman.



Confirmation Diplomas

If you earned a degree (not a certificate) from Richmond Professional Institute prior to its becoming Virginia Commonwealth University, you can get a confirmation diploma from VCU. Just write for an application form and return it with \$10 to cover the cost of the new diploma.

For the confirmation diploma application form and the ring order kit-price list, please write: Alumni Activities Office, Virginia Commonwealth University, Richmond, Virginia 23284.

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at the MCV Department of Microbiology, where he is researching oral bacterial genetic systems using recombinant DNA techniques and was an assistant technical advisor to the CBS movie "The Henderson Monster."

Jack L. Keaveny (B.F.A. painting and printmaking '77) received a Master of Fine Arts from Rutgers University.

David A. Pegram (B.S. mass communications '77) has been promoted to operations manager for the Hanover County sister stations WKDH-AM and WIVE-FM.

Robert T. Vaughan (M.B.A. '77) joined the law firm of Meade, Tate & Daniels as an associate.

Dale O. Wiley (D.D.S. '77) has completed a two year residency in dentistry at the University of Virginia Hospital and is in private practice in Richmond.

'78

The King William County School Board has appointed **Edna Allen** (B.S. elementary education '78) to teach the fifth grade at Hamilton-Holmes.

Andrew F. Brown, Jr. (M.S. rehabilitation counseling '78) has been appointed casework supervisor to the 11th District Court Service in Petersburg.

Christie T. Davis (B.S. biology '78) has entered the graduate studies program of the Medical College of Pennsylvania.

Patricia Conroy Franco (M.S. rehabilitation counseling '78) became the coordinator for the MCV Cancer Rehabilitation and Continuing Care Program.

The Danville Museum of Fine Arts and History exhibited paintings by **Deborah L. Garbee** (B.F.A. painting and printmaking '78) in its presentation of works by four professional artists.

Cows are a familiar sight in the works of artist **Marsha A. Heatwole** (B.F.A. painting and printmaking '78), since her paintings and prints are usually of farmlands. She is currently teaching art for the Waynesboro Recreation Department and her works were recently on display at the Waynesboro Country Club.

Charles W. Kahle (B.S. pharmacy '78) was named to direct the Clinic Pharmacy at the Allegheny Regional Hospital in Alleghany County.

David B. Patterson (M.S. business '78) was elected Clerk of the Circuit Court for Rockbridge County and the City of Lexington.

Danny L. Peelman (B.S. administration of justice and public safety '78) has recently completed his eighteen month probationary period with the Los Angeles Police Department, Hollywood Division.

The Three Sisters/Jean Nicole Clothing Stores have promoted **Regina Rafter** (B.S. psychology '78) from de-

partment manager to assistant store manager of the Chicago Loop Store.

Thomas Y. Savage (B.S. mass communications '78) has "retired" from the *Laurel Leader-Call* in Laurel, Mississippi, as news editor and has been accepted to the New England School of Law, Boston, Massachusetts.

John S. Turner (M.S.W. '78) is the director of a new family and marriage counseling center in the Lynchburg area.

Kenneth X. Warren (M.Ed. elementary education '78) is a first year student at the School of Law at Washington and Lee University. Before entering law school Warren was a special education teacher and the varsity basketball coach at Goochland High School.

'79

W. Gary Archer, Jr. (B.M.E. music education '79) will teach general music at Red Oak and Sturgeon Elementary Schools in Lawrenceville.

The King William County School Board has appointed **Christa L. Coleman** (B.S. special education '79) to teach trainable mentally retarded students in the vocational special education program.

Peoples Drug Store of Kilmarnock Incorporated has announced the employment of **John P. Crowder** (B.S. pharmacy '79).

Michael R. Fleenor (M.D. '79) is now serving his internship at the University of Kentucky Medical Center in Lexington.

During a five-month trip to South America **Tommy B. Graham** (B.S. elementary education '79) taught language skills in a remote village south of Barranquilla, Colombia.

Dane S. Hazlegrove (B.S. business administration and management '79) has enrolled at Columbia Bible College, Columbia, South Carolina.

Scott L. Hoback (B.S. pharmacy '79) has accepted a position at the Roanoke Memorial Hospital.

The *Sussex Surry Dispatch* in Wakefield has hired **Edward B. Kanis II** (B.S. mass communications '79).

The Staunton Fine Art Center invitational exhibit entitled "Hot and Cold Glass" featured **Jonathan D. Kuhn** (M.F.A. crafts '79).

Elizabeth Irving Merwin (M.S. nursing '79) has been appointed to the State Human Rights Committee, Virginia Department of Mental Health and Mental Retardation.

Wesley F. Vassar, Jr. (M.P.A. public administration '79) a Richmond firefighter until an accident in 1977, has volunteered his services to the fire department by working on a computerized evaluation of the City, which will provide a firefighting guide on virtually any problem the fire service may encounter.

Enter the new decade with adventure

Let 1980 be your year to travel with VCU and friends.

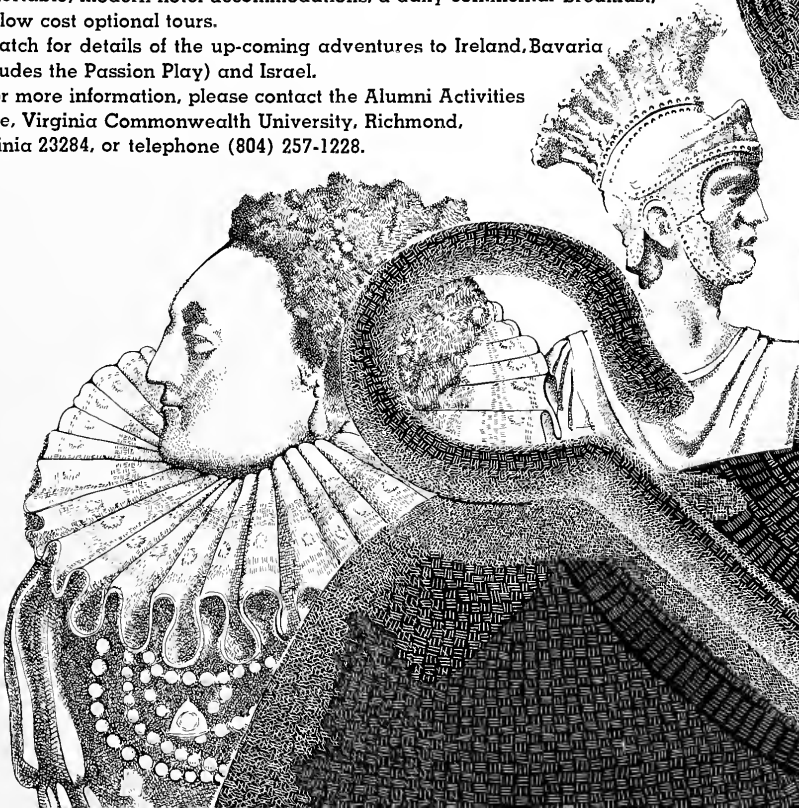
The year begins with the February 29-March 8 tour of Egypt, land of the Nile, the Pyramids and the Pharaohs. Arrangements are for 8 days and 7 nights at the Heliopolis Sheraton Hotel, only minutes from Cairo, the "Entertainment Capital of Africa." This excursion includes round trip air fare, hotel accommodations, daily continental breakfast and free time to explore on your own. Optional tours to the Sphinx, the Pyramids, the Red Sea, and the biggest bazaar in the world are available for as little as \$10.00 per person. Don't miss this chance to explore an ancient civilization in modern-day comfort. The price is \$699 (+ 15% tax and service) per person, double occupancy.

Great Britain, from May 14-21, is the second destination for 1980, and you can choose to sightsee by private rental car with unlimited mileage or by tour bus. If traveling by car, you will stay in Oxford, northwest of London, and you will be free to travel at your own pace. This option is \$969 complete, based on double occupancy. If taking the tour bus option, your itinerary will include London, Stratford-on-Avon, Oxford, the Lake District and many small historic towns in England and Wales. This option is \$1,099 complete, based on double occupancy. Each tour includes round trip air fare, hotel accommodations, and a daily breakfast and dinner.

Midway through this exciting year of travel is the June 18-26 journey to romantic Rome. The tour price includes round trip jet transportation, comfortable, modern hotel accommodations, a daily continental breakfast, and low cost optional tours.

Watch for details of the up-coming adventures to Ireland, Bavaria (includes the Passion Play) and Israel.

For more information, please contact the Alumni Activities Office, Virginia Commonwealth University, Richmond, Virginia 23284, or telephone (804) 257-1228.



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